

Start with the basics

Perhaps the struggles we have are because we have gotten away from the basics. With that in mind I gave some thought to the basics in a few areas.

by **Chris Widener**

1004 words | 4 pages

The other day I am at the club getting ready to go work out. I am standing in the row of lockers talking to another guy. I hear a couple of kids come in behind me, but don't turn around. It is obvious from their conversation that they are about five and three years old and they are going to go swimming.

Suddenly the older boy says to the younger one in a scolding voice, "Joey, you have to take your shoes off before you take your pants off." I turn around and there is this three-year old sitting on the ground, trying to take his pants off over these huge waffle-stomper boots!

The guy I was talking to said, "That is good basic life instruction!" I said, "I'm gonna use that for an article someday."

Indeed: Always take your shoes off before you take your pants off.

It made me think about how we often try to get so sophisticated in our quest for success and personal growth but isn't it really true that all success begins with the basics? In fact, perhaps the struggles we have are because we have gotten away from the basics. With that in mind I gave some thought this week to the basics in a few areas. Here they are.

Business

- Always produce a good product
- Be honest
- Under-promise and over-deliver
- Help people and money will come
- Pay your people well

Family

- Put them first as they will be with you last
- Treat your spouse like they are the most important person in the world - they are!
- Give your kids more time than even you think that you should
- Be sure to discipline your kids - they need boundaries
- Take the time to create family memories
- Travel as far and spend as much money as you need to make it home for special occasions - in the long run you'll be glad you did

Relationships

- Treat people the way you want to be treated
- Don't speak ill of others
- Always help if you can when others are in need
- Find ways to make others feel special
- Always tell others what you like or appreciate about them

Health

- Significantly lower your intake of "junk"
- Exercise more, even if it is just a short daily walk
- Drop the bad habits, like alcohol and cigarettes
- Eat more fruits and vegetables

Finances

- Eliminate debt - be ruthless about this
- Take a look at where you are currently spending
- Tighten up on (or cut out) the loose stuff in your budget
- Save some money each month
- Give some money away to charity each month

Spirituality

- Pray regularly
- Trust God, even when it seems hard
- Live what you say you believe
- Get involved in a community of faith

Emotions

- Take an inventory of your emotional health
 - Work to control extremes in any emotion (emotions are good when they help to feel what we are supposed to feel, but destructive when they get to extremes)
 - Allow yourself to feel emotions you have suppressed
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Chris Widener is an example of how anyone can overcome any odds to achieve a successful life and help others achieve the same. Chris has overcome many obstacles... living through his father dying suddenly when he was four, being sent away from his family to live with relatives at age nine and becoming involved with drugs and alcohol by the age of twelve. Chris overcame those obstacles and has for the last ten years worked with some of the most financially successful families in America, helping them to achieve both personally and professionally. Now he can do the same for you!

Consulting Services

Chris Widener is proud to offer his consulting services to you. The following three areas are his specialty areas. If you have been considering the help of an outside source to help you in business or life issues, you'll want to read the following information.

Personal Growth

As a person who has worked for 10 years with people from all sorts of backgrounds, Chris Widener is an expert in personal growth. Our lives aren't just all business. We have intellectual pursuits, spiritual lives, families, hobbies, and recreation to think about too. For the best advice on how to maintain a balance in all of the areas of your life, Chris can be your own personal growth coach.

Business

Starting a new business or just want a boost for an existing one? Chris Widener is the resource you are looking for. Chris has a knack for taking complex issues and boiling them down to a step by step plan of action to help you achieve your business goals. Drawing from his own experience and a network of successful contacts, Chris can help guide you down the path of success.

Got problems? From small problems to large ones, Chris can help you get solutions! He will help you determine the problem, and then get you on your way to solving the problem in no time.

Sometimes you need an outside source to take a look at what you are doing and provide smart, creative advice. Email Chris today!

Speech Coaching

As a professional speaker, Chris is one of the best. Now, he can help you become your best whether you speak every day or simply have a once a year speech coming up. Chris has both on-site coaching and video assessments available. Email Chris today to find out how you can reach your peak as a speaker.

For strategy, advice, encouragement and an honest appraisal, give Chris a call. 425-444-GOAL
